



Tulalip Charitable Contributions Funds Distribution Report

NAME OF AGENCY: Free Range Health

ADDRESS: 6128 96th Street NE, Marysville, WA 98270

CONTACT: (425) 419-7033; www.freerangehealth.org

GENERAL GOALS: To provide low-cost mobile health care for underserved individuals and communities.

SPECIFIC USE FOR THIS AWARD:

Low cost acupuncture at the Stillaguamish Senior Center.

This is a true success story for the health of this community, and your generosity is what has made it all possible. Without your support, most of these patients would not have had the financial resources to be treated on a regular basis. Without your support, many of these patients would be facing prolonged discomfort or restricted lifestyles, and while there is no way to prove this scientifically, I am sure that without your support some of these patients would not be with us today. That is how much of an impact you are having by helping to fund this clinic.



For more information regarding the specific uses of the award, see the following pages from Free Range Health.



FREE RANGE HEALTH
6128 96TH ST NE
MARYSVILLE, WA 98270
425.419.7033

**Low-Cost Acupuncture at Stillaguamish Senior Center
Final Report Narrative
Q2 2014 14.2**

Dear Tulalip Tribes,

Thank you from the bottom of my heart for supporting our work with the seniors at the Stillaguamish Community Center. Without your generous contribution the health of many elderly individuals would be far worse than it is today. By subsidizing the cost of treatments, you allowed us to introduce this amazing medicine to an underserved population that would not have had affordable access otherwise.

Before your support, Free Range Health was charging \$23 for an acupuncture treatment and seeing between 4-8 patients each week. Despite the already low cost, many members of the Senior Center stated they could not afford to be treated on a regular basis. Our appointments remained unfilled while the interest in and need for our services was quite high.

With your support, we were able to bring the cost for treatments down to \$10. The response was immediate. Our appointments began to increase, and within 2 weeks of the price change, we were filled to capacity. The appointments continued to fill up, and by the middle of January appointments were filled well into February. At that point, we added an additional hour of services, which allowed us to increase the number of available appointments from 28 treatments to 40 treatments each week. Even with the extra appointments, we were still booked solid!

As an added bonus, word began to spread, and we began to bring in patients from the surrounding community. In March, an article in the Marysville Globe (included) helped to push enrollment even higher. Our low-cost clinic began to service many more people than we had originally hoped.

Our original request was to fund a 3-person team to run the clinic, but one of the team members quit due to family matters very soon after the grant began. Instead of replacing her with an additional team member, we used those funds and the revenue from the additional treatment fees to extend the program for an extra 2 months. Instead of the 6-month goal of the original award, we were able to provide a full 8 months of service.

The demand has remained strong. In June of this year, we raised the cost of treatments a small amount from \$10 to \$15 for members of the Senior Center. Our enrollment has dropped a small amount, but we still consistently see between 30 and 35 patients each week.

Many of our patients are over the age of 65, and most of them are dealing with some type of chronic illness. Some suffer from minor pains that interfere with daily life while others suffer from major debilitating diseases that impact their ability to live with dignity and autonomy. We have treated patients seeking support for issues ranging from shoulder pain, difficulty sleeping, and seasonal allergies to multiple sclerosis, hepatitis, HIV and cancer.

I think it speaks to the depth of compassion, quality of care, and level of service our program offers that these patients continue to book appointments week after week. Some have had more than 40 treatments at our clinic, and they have no intention of stopping anytime soon.

This is a true success story for the health of this community, and your generosity is what has made it all possible. Without your support, most of these patients would not have had the financial resources to be treated on a regular basis. Without your support, many of these patients would be facing prolonged discomfort or restricted lifestyles, and while there is no way to prove this scientifically, I am sure that without your support some of these patients would not be with us today. That is how much of an impact you are having by helping to fund this clinic.

Thank you for helping Free Range Health to build something special. Thank you for taking the chance to give such a gift to an unknown organization. Your love and generosity for the elderly of this community is amazing. I sincerely hope we have lived up to your expectations, and I hope we will have more opportunities to share in the days to come.

Sincerely,



Cole Alexander, DAOM, EAMP

Executive Director

Get the point

Low-cost acupuncture works for some

BY STEVE POWELL
spowell@arlingtontimes.com

ARLINGTON – Cole Alexander doesn't care if his clients think he's boring.

"I know I'm having a really good day if there's a lot of snoring," he joked.

Alexander offers low-cost acupuncture through FreeRange Health at the Stillaguamish Senior Center. Some clients get so relaxed they fall asleep, but others laugh and talk. The cost is kept to \$15 for 50-minute sessions because treatments aren't done privately. Up to 28 people can be served in the same area.

The goal of the nonprofit is to provide for underserved individuals. A grant from the Tulalip Tribes helps keep costs low.

Alexander said acupuncture is good for whatever ails you. Most of the clients in Arlington are seniors who get help for mobility issues. He said it's best to book in advance of the Wednesday sessions from 9 a.m. to noon. Clients who just want to feel better can be treated for general health and wellness. Others get more-specific help for pain or arthritis in their shoulders or elsewhere.

"The bread and butter of acupuncture is pain treat-



Acupuncturist Cole Alexander talks with a client at the Stillaguamish Senior Center, left; needles can be stuck in the ear and elsewhere, depending on the ailment.



Steve Powell/Staff Photo

ment," Alexander said, adding for many seniors it's an all-day event. "They get out of the house, increase their social interaction, see each other and then stay for lunch." It's good for "almost anything: anxiety, stress, insomnia, digestion, hot flashes ... It increases your quality of life."

Alexander said acupuncture is a 3,000-year-old Eastern medicine, and "when it comes to being sick things haven't changed much." Acupuncture can be popular for people wanting to lose weight. He said people still need to eat right and exercise, but acupuncture can "even out the cravings" that are brought on by stress and anxiety.

"Don't expect the needles

to do all the work," he said.

Using Chinese theory, Alexander said weight gain means there's a problem with the digestive system.

"The body's not using food in the best way," he said, adding it's then stored and becomes toxic. By helping to even out your emotions, acupuncture can strengthen the digestive process, he said.

Alexander said the process is not painful. It takes 16 acupuncture needles to make one syringe needle, which are big and hollow so medicine can go through. In acupuncture the needles barely break the skin surface. If there's any pain, Alexander said just tell him, and he will take it out or adjust it. Patients lie back in

a lounge chair after checking in and "cook" for a half hour. They then should rest for another half hour to get the full effect, he said.

Normala Ram is one of his patients. She has been getting treatments for neck, shoulder, back and breathing issues. "I'm going to stay with it," she said. "It's helping a lot." Sylvia McFadden also is a believer. She has come six times for shoulder and bicep pain. "It's helped more than other things I've tried," she said.

Barb Condon of Arlington has been coming for 1 1/2 years. She has had back and leg surgeries.

"They didn't work out that well, so I thought I'd give this a try," she said.

Condon said her results are amazing. "The pain is

less or even gone," she said.

Condon said she keeps coming back because there's always "something else to work on. When you're older there's always something."

She added she has not had much luck with Western medical doctors.

Condon has led an active life. She has shown horses and did lifting in a job at Albertson's. She also has been in some car wrecks. Almost 73, she more recently turned an ankle. After receiving a few treatments, the pain went away. "It wasn't long before I felt better and forgot about it."

Linda Wright, who grew up in Arlington, said she has had many medical issues since she was diagnosed with multiple sclerosis in 1993. "If I wake up,

and I put my foot on the floor it's a good day," she said. "So many drugs, so many problems."

Modern medicine says she is clinically depressed. "Who wouldn't be anxious if they had M.S.?" she asked, adding among other benefits acupuncture has made her less anxious.

Wright has been seeing Alexander and fellow acupuncturist Kristan Rutski for about five months.

The most-recent ailment she was treated for was shingles. "It was the most excruciating pain I've ever had," she said. "My chiropractor suggested acupuncture. After three treatments the pain was gone."

"It's been around thousands of years so why wouldn't it work?" she said.

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To be included in this directory, please call Nancy at 360.659.1300 or Email nanderson@marysvilleglobe.com

How Free Range Health™
MAXIMIZED
 Tulalip Tribes Grant Dollars

In Fall of 2014, The Tulalip Tribes donated \$12K to support our low-cost mobile acupuncture clinic at the Stillaguamish Senior Center.



111
 Total Patients Served



80 | **31**
 Women | Men

87
 New Patients Enrolled

24
 Pre-Existing Patients

The grant was to fund low-cost acupuncture services for seniors during the six months from October 2014 through March 2015.

384

of Treatments Projected to be Provided During 6-Month Period

548

Treatments Provided to Women



183

Treatments Provided to Men



731

of Treatments Actually Provided During 6-Month Period

The program was so popular 20 additional appointments were added each week and services were extended for an extra two months through May 2015.

Top Zip Codes Served (# of Patients)

98223 (45)

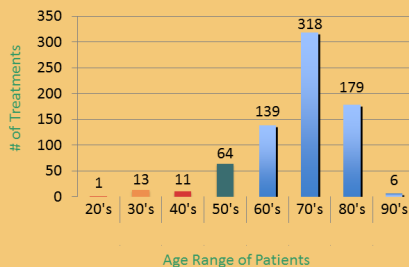
98270 (14)

98271 (14)

98292 (10)

Other (28)

Treatments Given by Age Range



Make a recurring donation of \$5 a month and MAXIMIZE your impact on the health of a senior today!
 Text "seniors" to 50155



04/01/15

I WAS FIRST INJURED IN IRAQ ON DEC 26, 2007. MEDICATED TO THE STATES FOR TREATMENT, I RETURNED DOWN RANGE & STAYED UNTIL JUN 5, 2012. I WAS IN CONSTANT PAIN IN BOTH MY NECK & BACK.

I WAS REINJURED IN MAY, 2013 SAME PLACE, NECK, BACK AND SHOULDERS. AGAIN I KEPT WORKING. EVEN THOUGH I WAS BEING TREATED BY BOTH CONVENTIONAL & ALTERNATIVE MEDICINE, MY PAIN

PERSISTED. WHEN MY DAUGHTER JESSICA MILLER (SHE WORKS FOR THE BOYS & GIRLS CLUB OF ARLINGTON) TOLD ME ABOUT ACCUPUNCTURE PROGRAM YOU PROVIDE AT THE SENIOR CENTER, I HAD MY DOUBTS. BUT I TRIED IT ANYWAY, WHAT DID I HAVE TO LOSE BUT MY PAIN. IT REALLY WORKS!!! DR COLE & KRISTAN'S TREATMENT HAVE ALMOST PAIN FREE! THE RANGE OF MOTION HAVE IMPROVED FOR BOTH MY NECK & BACK! THANK YOU FOR CARING TO HELP! →

4-1-2015

As a member of the Still Senior Center, I have talked to a number of people who have been helped by your service, so I want to thank the Tulalip Tribes for helping bring this treatment to our Center. Jerry Eldred,

Thank you for making the Acupuncture Clinic assessable, my insurance coverage is limited. Standard Physical Therapy was not effective. Since coming here for the treatments my pain has decreased, my mobility has increased, without this during my job would be increasingly hard, because of the pain. So again thank you for increasing my Quality of life. Nancy McCarty-Ford.

7/8/15

To Whom This May Concern

I WOULD LIKE TO TELL YOU MY ACUPUNCTURE STORY... I WAS TOLD BY A FRIEND ABOUT IT A FEW MONTHS AGO AND STARTED IT TO HELP MY KNEES. IT HAS BEEN VERY GOOD FOR ME. I WANT TO THANK YOU FOR YOUR PAST GRANTS AND ENCOURAGE YOUR CONTINUANCE TO HELP KEEP THIS AFFORDABLE PROGRAM GOING.

ALL THE BEST, LES A HANSON
STILLAGUAMISH WA

Tulalip Council

Thanks so much for your help in underwriting (\$12,000) to fund acupuncture at Stillaguamish Senior Center at Snoddy Point. I hope the same can be done for the future. I have benefitted greatly from my treatments for Meniscus Congestion and arthritic condition of my knee.

Jeanne P. Levy
Member 1214
Stillaguamish Senior Center

I THANK my LUCKY STARS THAT I WAS TOLD ABOUT THE TREATMENTS - I REALLY THOUGHT I WAS ON MY WAY OUT OF THIS WORLD, THE PAIN WAS MORE THAN I COULD BEAR - PHYSICAL THERAPY DID NOTHING - NOW AFTER 4 TREATMENTS I KNOW I WILL BE NORMAL ONCE MORE - ACUPUNCTURE MAKES ME HAPPY TO BE ALIVE. THANK YOU

I had back surgery one year ago. It was not successful. Acupuncture has relieved a lot of my back pain, thank you for making my treatments affordable to me.

Margery DeLow

4-01-15

TO THE TULALIP TRIBE
THANK FOR THE GRANT FOR THE FREE RANGE HEALTH LOW-COST ACUPUNCTURE SERVICES.

Larry Kelling

THANKS FOR THE HELP WITH ACUPUNCTURE SERVICES AT THE STILLAGUAMISH SENIOR IT HAS HELPED ME A LOT.

Thanks very much my quality of life has improved so much.

I have a sense of well being that is that is so peaceful. My pain level has gone down, feeling a higher level of energy.

(Cole and Kristan are wonderful their treatments have helped with mobility, the ability to clean, cook and do things is great.

Thanks to the Tulalip tribes for their help in providing low cost treatment for the elderly.

THANKS SO MUCH
Elizabeth Hockett

Thank you Tulalip, for your generosity in helping to fund Free Range Health. I have been coming to Cole since last summer & can see the benefits of acupuncture every day. I feel stronger, healthier & just plain better since coming here. Your grant keeps the cost affordable & I really appreciate that.

Judy Abbott

Thank you for all you do
its a blessing I found
Acupuncture service.
The low-cost treatment helps
me to keep up with weekly
treatment.

Thank you again
Nwala Ben

MANY, MANY THANKS, FOR
YOUR GENEROUS GRANT. 😊

I'M A TRUE BELIEVER IN
ACUPUNCTURE HAVING HAD
IT 10 YEARS AGO FOR SEVERE
PAIN DUE TO SHINGLES. AFTER
3 TREATMENTS THE PAIN WAS
GONE & I'VE NEVER HAD ANY
RESIDUAL EFFECTS. I LEARNED
ABOUT IT AT THE STILL DUE TO A
ZYER HERE. I'VE NOW HAD 29
TREATMENTS & IT'S HELPING
WITH THE ISSUES OF MY
MULTIPLE SCLEROSIS.

MY HOPE IS THAT I CAN
CONTINUE AT \$10.00, IF PRICE
GOES UP I MAY HAVE TO STOP.

THANKS AGAIN!

LINDA WRIGHT

To the entire Tulalip tribe
I would like to thank you for
your generosity in funding the
acupuncture sessions.

I have really enjoyed the
comfortable feeling it gives me for
days after the session. Again thanks

Ren Owen

Thank you so
much to the
Tulalip Tribes,

This is a great
Community

Service, We
really appreciate

your help now
and in the
future —
Thank you,
Barbara Condon

I would ^{like} to thank the Tulalip
Tribe for giving the grant
for acupuncture. And for
making the low-cost to
all of us who otherwise
would not be able to afford
the treatments.

The treatments I received
were very beneficial. I came
for treatments on my knees.
I am ^{now} able to walk much better
and the pain is gone.

Again thank you so much
for making this available.
Judith Franck

The help you have provided
keeping our treatments
affordable. When I first
started acupuncture I was
walking with a cane &
no longer need that help
thanks to the Tulalip
Tribe and Dr. Cole, they
are the best.

I have also had less stress
& fatigue so to the treatment
I am having each week!

Regards
Doris Moran

